

Student Daily Notices

| Meetings / Practices | Where | When |
|--|------------------------------------|----------------|
| General | Exam or Performance Anxiety | D4 Today (LIN) |
| <p>Exam or Performance Anxiety – Do you get overly anxious before an exam (or a sport/musical assessment)? Would you like to learn how to better manage the nerve so you can get the best possible outcome? If you want to get some FREE coaching to learn about how to remove your exam/performance anxiety, email Mr Lin at tlin@apps.eggs.school.nz or find him at D4</p> | | |